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## AFTER FOURTH COMMITTEE

Those Who Go Down to the Sea in  
Small Ships Have a  
Big Kick.

Editor Advertiser:—In watching the steps that are being taken by many of the prominent yacht owners and enthusiasts towards arranging yacht races for the Fourth of July it seems to me that the yachtsmen are not receiving the support and encouragement of their endeavors which should be forthcoming. This is especially noticeable in the arrangements that are being made towards giving prizes for the four yacht races that have been decided upon. It has been stated that the prizes will be \$50 for the first class and \$30, \$20 and \$15 for the second, third and fourth classes respectively, making a total of \$115 subscribed by the Fourth of July Committee.

The yachtsmen have gotten together and worked up a great deal of interest in the events contemplated, and have secured entries of some sixteen or eighteen yachts to what will be the greatest yachting regatta that has ever been held in Honolulu if it receives the support from the public that it deserves.

The evident intention of offering a large prize for the first class race and cutting the other boats off with a mere trifle is to be deplored and does not meet with the approval of the yachtsmen. While the first class race is composed of larger and more expensive boats who have a longer course to sail and should have the largest prize, that class is composed of but three boats and forms a very small minority of the yachting fleet of the harbor. The sport of yachting is championed by the smaller boats, which are no mean sailers themselves, and it is they who form the majority and are practically the backbone of the sport. It is all right to have one or two crack boats to receive all the newspaper attention, etc., but what would yachting amount to in Honolulu as a sport were it not for the fleet of small boats comprising the second, and more especially, the third and fourth classes? In the races arranged for the Fourth of the boats of the latter three classes are all on an equality. It costs just as much to get one class ready for the race as another and they will all sail over the same course, starting with a short interval of time between each class, and there should not only be less of a distinction made between these three classes and the first class in awarding prizes, but larger prizes than have been named should be offered. It is suggested that a prize of \$50 for the first class and \$40 each for the other three classes would be a more appropriate division, making a total, including an expense of \$10 for placing stake-boats, of \$180.

The yachtsmen have done all in their power to make an interesting program of races; the Literary Committee has reported that their expenses will amount to some \$125; it is not thought that the fireworks and other events will require an exceedingly large amount, and the Fourth of July Committee can surely appropriate at least \$180 or even \$200 in prizes for the yachtsmen, who form a more representative body of men than any other one line of sport in Honolulu.

It is hoped that the Committee will be liberal and not be behind the yachtsmen themselves in furthering a successful yacht-racing program, and give the small boats an equal chance with the large ones.

YACHTSMAN.

## PAIN CASE RECALLED.

Street Car Manager Appears in  
Circuit Court.

Before Judge Stanley yesterday the old case against W. H. Pain, manager of the Hawaiian Tramways Company came up and was argued on appeal from the court of Police Judge Wilcox.

The case aroused much attention some months ago as it was the outcome of strife between the Hawaiian Tramways Company and the Rapid Transit people over right of way on King street between Fort and the Executive building. On January 13th Pain ordered some Chinese laborers to lay a double track in front of the Gulick premises, against the orders of the Government. He was arrested by Marshal Brown and in the Police Court was fined \$5 and costs.

The case was appealed to the Circuit Court and yesterday came to a hearing and was argued principally upon the legal phase of the case. Attorney-General Dole represented the Territory and Paul Neumann appeared for Mr. Pain. The case was taken under advisement.

## Central Union Endeavorers.

The last Christian Endeavor business meeting of the season takes place tonight and a full attendance is desired. A very neat six-page leaflet announces the topics and leaders for the rest of the year and also gives the make-up of the seven committees. It is the policy of the society to assign work to every member in town. The meeting next Sunday will be a consecration service.

## Origin of Beds.

We cannot tell with any certainty when the first portable furniture was invented; and, to judge by the ark as it survives among our children, Noah was either ignorant of such things, or—and more probably—nobly denied himself their use for the time being, in order to leave more room for the animals. But long before Cowper somewhat apologetically sang the sofa, Homer was proud to enumerate the cherished and decorated pieces of furniture in the tents of the heroes be-

fore Troy, and described Odysseus' pleasure in seeing once more his own beautiful bed as sympathetically as any other incident of the return; while that he had a second-best bed is one of the very few personal facts we know regarding our Shakespeare. A bed was a bed then! In Greece, a couch worthy of a hero; in England, a miniature stage of life, with its tapestried roof, and hangings and curtains that rose or fell with fitting pomp on the great scenes of the domestic drama.

Round the canopied four-poster was passed the candlestick after the birth of the heir, and again around it shone bright serried tapers when the dead lay in state. Comedy, too, played her part on this stage. Here Christopher Sly was laid, to awaken and find himself a lord; and between these close-bed curtains has passed the night-capped, spectacled face of Pickwick peering, when that strayed "humpty-dumpty," "Alpnot" and "pajama" appeared.

## THE QUEEN'S GOOD HEALTH.

Rules About Eating—Follow Your  
Instincts.

LONDON, May 26.—The Queen was 81 years old on Thursday, and is well and hearty. In spite of her great age it is a commonplace in medical circles that her life is even now a better one from an insurance point of view than that of the Prince of Wales. It is true that she looks very old and very bent. No one who has seen her lately could think for a moment that she was younger than her actual age. Yet her health is good, her vitality is wonderful, and her mind as keen and vigorous as ever. Of course, this is due to a great extent to her naturally splendid constitution. Until she was shaken by the death of the prince consort, permanent good health seemed with the Queen to be a matter of course. After that date she gave ear to the doctors. For many years she has lived according to a few simple rules laid down for her by the late Sir William Jenner.

About these rules there is nothing elaborate. A simple and careful diet, regularity and plenty of open-air life are the chief essentials. These three rules the Queen has observed strictly, the last one indeed for a time after other overexertion. Practically no weather could prevent her from taking her long drives in an open carriage, and the royal doctors received many a fright on her account. At last, however, she received a fright herself a few years ago, and since then she has been more careful.

The royal doctors, therefore, have discovered no great secret for the benefit of their august patient. Sir Francis Laking, one of the most eminent of them, when asked for some rules of life which would be conducive to longevity, answered, "Do anything you like, but do nothing to excess." Sir Samuel Wilks, another of the Queen's physicians, says:

"Every one has a natural temperament. Follow that and avoid excesses. That's all. A quack may tell you you must eat an ounce of albumen, so much starch, so much water, and so on, and what should you do? Go and have a nice chop. The instincts of people are right. Jenner would have said to you: 'I never walk at all, except from my house into my carriage. I hate walking, and if I could I would get my servants to carry me to bed.' That was Sir William Jenner, the Queen's eminent physician, and what about exercise, then? In the last three or four centuries we have done better intellectual work than ever before, and these have been the times of tea, coffee, tobacco and alcohol. What can you make of that? It is surprising. Again I say, follow your instincts."

Thus it would seem from the Queen's case that a strong will, regular habits and abstemious living are the roads to a strong old age.

## Not Yet Perfect.

Modern systems of food preservation, including both the various methods of canning and the use of artificial cold, have not accomplished, according to the Sanitary Record, all that has been so confidently claimed for them. For instance, while meat can be frozen and kept in cold storage for indefinite periods without undergoing any organic change appreciable by sight, smell or taste, yet in some mysterious way such meats do suffer a deterioration as steady as it is mysterious. "It lacks flavor," asserts this authority; "it is not well digested or assimilated. Its savorless condition cannot be remedied or successfully disguised by the use of sauces or condiments. Those who eat cold storage food for any length of time develop diarrheal diseases, lose in weight, and would eventually starve to death unless a change of diet was made. The same reasoning applies to fruits and vegetables. They should not be used after a certain period has elapsed." These views are in perfect accord, it is said, with the observations of arctic and antarctic explorers, who have been confined for many months at a time to a diet of preserved foods. Though of the best quality to start with and apparently preserving all their original excellence to the end, the stomach rebels at last, and health and strength fall with appetite. Nature seems to have intended all food to be eaten soon after it was produced, and only temporary success has yet rewarded the innumerable attempts to evade the rule.

## On Two Wheels.

A dray loaded with heavy pipe which elevated the front wheels high in the air was an incident on Fort street yesterday afternoon. The combined weight of several men standing on the front part of the truck were unable to counterbalance the weight at the rear. The truck wobbled all about the street on two wheels and finally reached the waterfront without mishap.

Not long ago the New York State newspaper men gave a banquet at Stanwix Hall in Albany, and among the guests of honor were ex-Governor David B. Hill and Governor Theodore Roosevelt. The latter entered the hall first, wearing an evening-suit and his famous brown sombrero, made famous by the Rough Riders. It was a combination costume at once original and picturesque. Among the last of the guests to arrive was Mr. Hill, who was conventionally attired, even to his silk hat. "Ah!" exclaimed Colonel Roosevelt, in his peculiar staccato manner, as he grasped Mr. Hill's hand, "how we have with us a real Albany swell. Governor Hill is the only man here to-night with a silk hat." "I've got a slough hat myself," returned Mr. Hill, softly, "but I left it at home. I've given up wearing it since I went out of the advertising business."

Synnex—"You profess to be a devoted believer in Christian Science, but I noticed that when you had a tooth extracted the other day you took gas." Mentor—"I took the gas, not because there is such a thing as pain, but from fear that I might be led into thinking that there was in the excitement of the moment."—Boston Transcript.

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